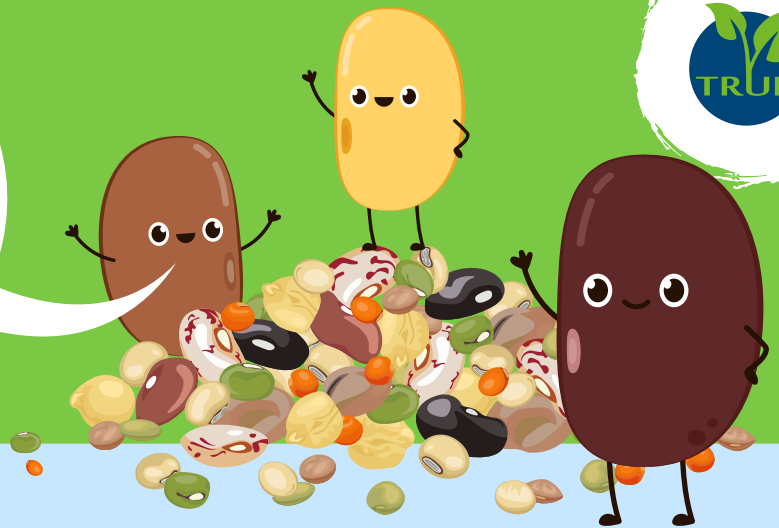


Legumes!

What are they, and why are they good for you?



WHITE BEAN



PEA



CHICKPEA



RED BEAN

What are legumes?

Legumes are special plants, like peas and beans, which comes in many different shapes and colours. Legumes can be used to feed you, farm-animals, and the soil.

Legumes: fuel your body

- protein to keep your body working the way it should
- fibre to keep your tummy moving
- vitamin B to give you energy



They are also low in fat and salt, iron-rich, good source of potassium and excellent source of folate which help fight off diseases.

Legumes: help the environment

Legumes do not need artificial nitrogen fertilizer, which is expensive and pollutes the water and air. Legumes have found a way to get nitrogen from the air to help reduce the pollution.



Legumes: protect biodiversity

Growing legumes can increase biodiversity and helping wild animals and insects including bumble bees and ladybirds.



By eating legumes, you keep yourself super healthy and strong, and you also become a hero that can help save our planet.



For more information, visit www.true-project.eu.

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